salads

hot and cold

chargrilled vegetable salad

ingredients

2 cobs fresh sweet corn, cut into 3 cm/1 1/4 in pieces
6 baby eggplant (aubergines), halved lengthwise
3 red capsicums (peppers), cut into quarters
6 zucchini (courgettes), halved lengthwise
6 small leeks, halved lengthwise
olive oil
Herb dressing
2 tablespoons chopped fresh basil
1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary
2 tablespoons chilli oil
2 tablespoons balsamic vinegar

Method:

1 *Brush sweet corn cobs, eggplant (aubergines), red capsicum (peppers), zucchini (courgettes) and leeks with olive oil. Place vegetables on a preheated hot barbecue and cook, turning occasionally, for 15 minutes or until vegetables are golden and tender.*
2 *To make dressing, place basil, rosemary, chilli oil and vinegar in a screwtop jar and shake well to combine. Drizzle dressing over warm vegetables.*

Note: *Smoky flavoured, crisp on the outside and tender within, char-grilled vegetables taste quite unlike any other. You may substitute the proportions of vegetables listed here if any of them are in short supply.*

Serves 6

marinated eggplant salad

ingredients

3 large eggplant (aubergines), sliced
sea salt
2-3 tablespoons olive oil
Herb and balsamic dressing
1 red onion, sliced
2 tablespoons chopped fresh flat-leaf parsley
2 tablespoons chopped fresh basil
1 fresh green chilli, seeded and finely chopped
2/3 cup/170ml/5 1/2fl oz balsamic vinegar
freshly ground black pepper

Method:

1 *Place eggplant (aubergines) in a colander, sprinkle with salt and drain for 20 minutes. Rinse eggplant (aubergines) under cold water and pat dry with absorbent kitchen paper.*
2 *Preheat barbecue to a high heat. Brush eggplant (aubergine) slices with oil, place on barbecue grill and cook for 2 minutes each side or until tender and golden. Place in a shallow dish.*
3 *To make dressing, place onion, parsley, basil, chilli, vinegar and black pepper to taste in a screwtop jar and shake to combine. Pour dressing over eggplant (aubergines) and toss. Cover and marinate in the refrigerator for at least 1 hour before serving.*

Note: *This salad can be marinated for up to 24 hours. Salting eggplant (aubergine) degorges it of any bitter juices. For this recipe, it also ensures that you do not end up with excess juices coming out during marinating.*

Serves 8

Oven temperature 220°C, 425°F, Gas 7

moroccan vegetable salad

ingredients

10 baby onions, peeled
10 cloves garlic, peeled
3 carrots, cut into 5cm/2in lengths
1 bulb fennel, cut into wedges
4 parsnips, cut into quarters, lengthwise
500g/1 lb sweet potatoes, cut into 2cm/¾in thick rounds

Spicy lime marinade

1 teaspoon ground turmeric
1 teaspoon ground cumin
1 teaspoon ground cinnamon
½ teaspoon harissa
2 cloves garlic, crushed
½ cup/125ml/4fl oz olive oil
3 tablespoons lime juice
1 tablespoon honey

Herbed yoghurt

1 cup/200g/6½oz natural yogurt
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh mint
freshly ground black pepper

Method:

1. *To make marinade, place turmeric, cumin, cinnamon, harissa, garlic, oil, lime juice and honey in a glass or ceramic bowl and whisk to combine.*
2. *Add onions, garlic, carrots, fennel, parsnips and sweet potatoes to marinade and toss to coat. Cover and marinate in the refrigerator for 2-3 hours.*
3. *To make herbed yoghurt, place yoghurt, dill, mint and black pepper to taste in a bowl and mix to combine. Cover and refrigerate until required.*
4. *Transfer vegetables and marinade to a baking dish and bake for 1 hour or until vegetables are tender. Serve hot or warm with herbed yoghurt.*

Note: *Harissa is a hot chilli paste used in North African cooking. It is available from specialty food shops or you can make a simple version yourself by combining 2 tablespoons each of chilli powder, ground cumin, tomato paste (purée) and olive oil with 1 teaspoon salt.*

Serves 4

gado gado

ingredients

125g/4oz green beans, sliced lengthwise
2 carrots, cut into thick strips
2 tablespoons vegetable oil
185g/6oz firm tofu, cut into thick strips
1 large red capsicum (pepper), cut into thick strips
2 cucumbers, cut into thick strips
12 small button mushrooms
6 hard-boiled eggs, cut into wedges

Peanut Sauce

1 tablespoon peanut (groundnut) oil
1 onion, finely chopped
1 fresh red chilli, finely chopped
2/3 cup/170g/5 1/2oz peanut butter
1 tablespoon ground coriander
3/4 cup/185ml/6fl oz coconut cream
3 tablespoons kechap manis
2 teaspoons chilli sauce
1 teaspoon palm or brown sugar
1 tablespoon lemon juice

Method:

1 *To make sauce, heat oil in a frying pan over a medium heat, add onion and chilli and cook, stirring, for 3 minutes or until onion is soft. Stir in peanut butter, coriander, coconut cream, kechap manis and chilli sauce and stirring, bring to the boil. Reduce heat and simmer for 5 minutes, then stir in sugar and lemon juice. Cool slightly. The sauce should be slightly runny, if it is too thick add a little water.*
2 *Boil, steam or microwave beans and carrots, separately, until they are bright green and bright orange, then rinse under cold running water and drain well.*
3 *Heat oil in a frying pan or wok over a high heat, add tofu and stir-fry until golden. Drain on absorbent kitchen paper and cool slightly.*
4 *To serve, arrange piles of beans, carrots, tofu, red capsicum (pepper), cucumbers, mushrooms and eggs on a large serving platter. Serve with sauce.*

***Note:** Kechap manis is a thick sweet seasoning sauce used in Indonesian cooking. It is sometimes called Indonesian soy sauce. If unavailable, a mixture of soy sauce and dark corn syrup or golden syrup can be used in its place.*

Serves 6

Oven temperature 180°C, 350°F, Gas 4

roasted
vegetable salad

ingredients

3 bulbs fennel, cut into wedges
2 sweet potatoes, peeled and chopped
12 shallots, peeled
olive oil spray
1 teaspoon cumin seeds
315g/10oz green beans, blanched
185g/6oz rocket leaves
155g/5oz reduced-fat feta cheese, chopped
2-3 tablespoons balsamic vinegar
freshly ground black pepper

Method:

1 *Place fennel, sweet potatoes and shallots in a nonstick baking dish and spray with olive oil. Sprinkle with cumin seeds and bake for 30-35 minutes or until vegetables are soft and golden. Set aside to cool for 10-15 minutes or until vegetables are warm.*
2 *Place vegetables in a serving bowl, add beans, rocket, cheese, vinegar and black pepper to taste and toss.*

Note: *The shallots used in this recipe are the French échalote. If unavailable red or yellow shallots used in Asian cooking or pickling onions can be used instead.*

Serves 4

out of the fire salad

Oven temperature 180°C, 350°F, Gas 4

Method:

1. *Place tomatoes, cut side up, and garlic on a baking tray. Brush tomatoes with chilli oil and sprinkle with salt and black pepper to taste. Bake for 45-50 minutes or until the tomatoes are deep red in colour and semi-dried - take care not to overcook or they will loose their moisture. Set aside until garlic is cool enough to handle, then peel.*
2. *Place tomatoes, garlic, chickpeas, artichokes, olives, onion and basil in a bowl and toss gently to combine.*
3. *Combine rocket and Parmesan cheese and arrange on a serving platter, top with tomato mixture and hard-boiled eggs. Combine vinegar and olive oil and drizzle over salad.*

Note: *For perfect hard-boiled eggs, tightly pack the eggs into a saucepan, pointed end down, cover with cold water and bring to the boil. Boil for 10 minutes. Drain eggs and cool under cold running water. This method for boiling eggs ensures that there is no dark ring around the yolk and that it is centred.*

Serves 4 as a main meal or 6 as a light meal

ingredients

12 plum (egg or Italian) tomatoes, halved
1 bulb garlic, divided into cloves and left unpeeled
1-2 tablespoons chilli oil
sea salt
freshly ground black pepper
440g/14oz canned chickpeas, rinsed and drained
185g/6oz marinated artichokes, quartered
125g/4oz marinated black olives
1 red onion, sliced
3 tablespoons shredded fresh basil
1 bunch rocket
125g/4oz fresh Parmesan cheese, shaved
6 hard-boiled eggs, halved
2 tablespoons balsamic vinegar
2 tablespoons extra virgin olive oil

sweet chilli potato salad

Method:

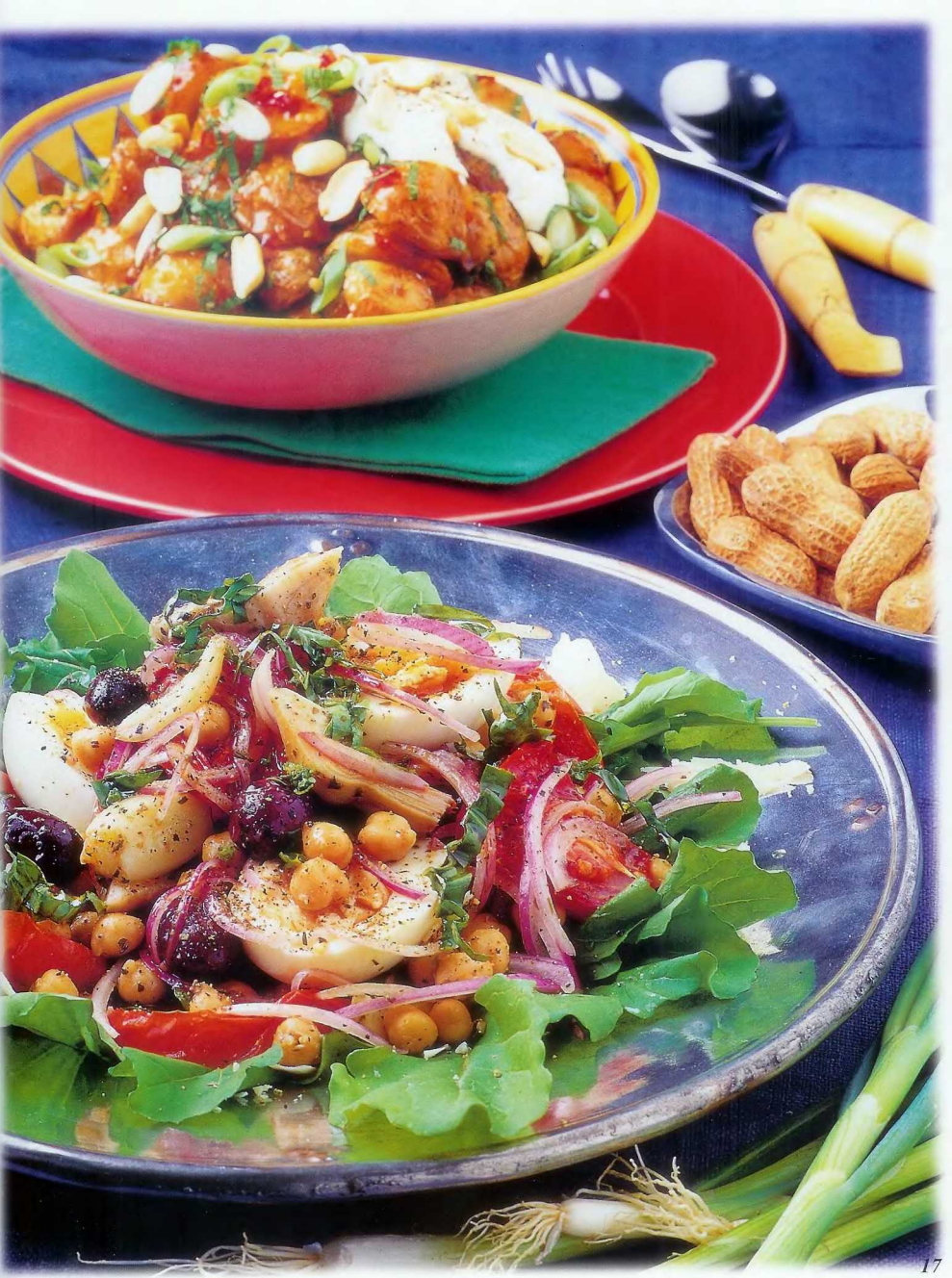
1. *Halve or quarter potatoes, depending on their size, place in a baking dish, drizzle with oil and toss to coat. Bake for 40 minutes or until crisp and golden.*
3. *Reduce oven temperature to 180°C/ 350°F/ Gas 4, then pour chilli sauce over potatoes and bake for 10-15 minutes or until the chilli sauce begins to caramelise, take care that it does not burn.*
3. *Transfer potatoes to a bowl, add spring onions and mint and toss gently. Serve topped with yogurt and scattered with peanuts.*

Note: Sweet chilli sauce is available from Oriental food shops and most supermarkets.

Serves 6

ingredients

1 1/2 kg/3 lb baby new potatoes
3 tablespoons olive oil
1/2 cup/125ml/4fl oz sweet chilli sauce
4 spring onions, sliced
2 tablespoons finely shredded fresh mint
3 tablespoons natural yoghurt
60g/2oz peanuts, roasted



roasted
capsicums with herbs

Photograph opposite

roasted peppers with herbs

ingredients

3 red capsicums (peppers)
2 green capsicums(peppers)
4 medium fresh green chillies
2 onions, quartered
2 tablespoons fresh marjoram leaves
2 tablespoons fresh thyme leaves
1/4 cup/60ml/2fl oz lime juice
1/4 cup/60ml/2fl oz olive oil
freshly ground black pepper

Method:

1. *Place red and green capsicums (peppers) and chillies in a hot frying pan or comal and cook until skins are blistered and charred. Place capsicums (peppers) and chillies in a plastic food bag and stand for 10 minutes or until cool enough to handle.*
2. *Carefully remove skins from capsicums (peppers) and chillies, then cut off tops and remove seeds and membranes. Cut into thick slices.*
3. *Place onions in frying pan or comal and cook for 5 minutes or until soft and charred.*
4. *Place capsicum (peppers), chillies, onions, marjoram, thyme, lime juice, oil and black pepper to taste in a bowl and toss to combine. Stand for 30 minutes before serving.*

Note: *A comal is a steel, cast iron or unglazed earthenware cooking disk, which is used for cooking and heating tortillas and for toasting other ingredients such as chillies and pumpkin seeds.* **Serves 6**

warm potato salad

ingredients

500g/1 lb baby new potatoes

Mustard dressing

2 tablespoons wholegrain mustard
2 tablespoons chopped fresh parsley
2 teaspoons chopped capers
1 clove garlic, crushed
1 tablespoon lemon juice
freshly ground black pepper

Method:

1. *Cook potatoes in boiling water until just tender. Drain well and place in a heatproof bowl.*
2. *To make dressing, place mustard, parsley, capers, garlic, lemon juice and black pepper to taste in a bowl and mix to combine. Spoon dressing over hot potatoes and toss to combine. Serve immediately.*

Note: *Iced water or mineral water makes a refreshing and light drink to serve with meals. For added appeal serve with a slice of lemon, lime or orange.*

Serves 4

chilli noodle salad

ingredients

100g/3½oz rice vermicelli
2 carrots, cut into matchsticks
2 cucumbers, cut into matchsticks
1 red capsicum (pepper), cut into matchsticks
3 spring onions, cut into thin strips
125g/4oz button mushrooms, quartered
30g/1oz bean sprouts
1 bunch fresh coriander

Chilli and lime dressing

¼ cup/45g/1½oz brown sugar
1 clove garlic, crushed
2 fresh red chillies, finely chopped
½ cup/125ml/4fl oz lime juice
¼ cup/60ml/2fl oz fish sauce

Method:

1 *To make dressing, place sugar, garlic, chillies, lime juice and fish sauce in a bowl and whisk to combine.*
2 *Place vermicelli in a bowl, pour over boiling water to cover and soak for 10 minutes. Drain well and place in a serving bowl.*
3 *Add carrots, cucumbers, red capsicum (pepper), spring onions, mushrooms, bean sprouts and coriander leaves. Pour over dressing and toss to combine. Cover and refrigerate for 2 hours before serving.*

Note: *When trying to cool your mouth down after eating chilli-flavoured foods, do not drink water or beer. While this cools the tongue it spreads the burning chilli oil around the rest of your mouth and so makes the whole experience even more fiery. A glass of milk, a cool yoghurt sambal or dip, or neutral foods such as plain bread, rice, noodles or mashed potatoes are the most effective mouth coolers and neutralisers.*

Serves 4

tomato salad

ingredients

6 egg (plum or Italian) tomatoes, cut into wedges
250g/8oz cherry tomatoes, halved
3 seasonal tomatoes, sliced
1 red onion, chopped
2 tablespoons red wine vinegar
2 tablespoons chopped fresh basil
freshly ground black pepper
assorted lettuce leaves

Method:

1. *Place egg (plum or Italian) tomatoes, cherry tomatoes, tomatoes, onion, vinegar, basil and black pepper to taste in a bowl and toss to combine. Set aside to stand for 30 minutes.*
2. *Line a large serving platter with lettuce leaves and top with tomato mixture.*

Note: *This salad can be made using any combination of tomatoes - so check the market and use what is in season and available.*

Serves 6

warm
vegetable salad

ingredients

1 tablespoon vegetable oil
125g/4oz blanched hazelnuts
2 onions, chopped
2 carrots, sliced
2 zucchini (courgettes), chopped
155g/5oz snow peas (mangetout)
4 field mushrooms, sliced
1 green capsicum (pepper), sliced
1 red capsicum (pepper), sliced
6 spring onions, chopped
250g/8oz asparagus, halved

Red Wine and Thyme Vinaigrette

1/3 cup/90ml/3fl oz olive oil
1/4 cup/60ml/2fl oz red wine vinegar
1 tablespoons chopped fresh thyme
1 teaspoon sugar
freshly ground black pepper

Method:

1. *To make vinaigrette, place olive oil, vinegar, thyme, sugar and black pepper to taste in a screwtop jar and shake well to combine. Set aside.*
2. *Heat 2 teaspoons vegetable oil in a wok over a high heat, add hazelnuts and stir-fry for 3 minutes. Set aside. Heat remaining oil in wok, add onions and stir-fry for 3 minutes or until golden.*
3. *Add carrots, zucchini (courgettes), snow peas (mangetout), mushrooms, green and red capsicums (peppers), spring onions and asparagus and stir-fry for 5 minutes. Return hazelnuts to wok, add vinaigrette and toss to combine.*

***Note:** A heavy wok made of carbon steel will give better cooking results than a stainless steel or aluminium one.*

Serves 4

green salad in creamy dressing

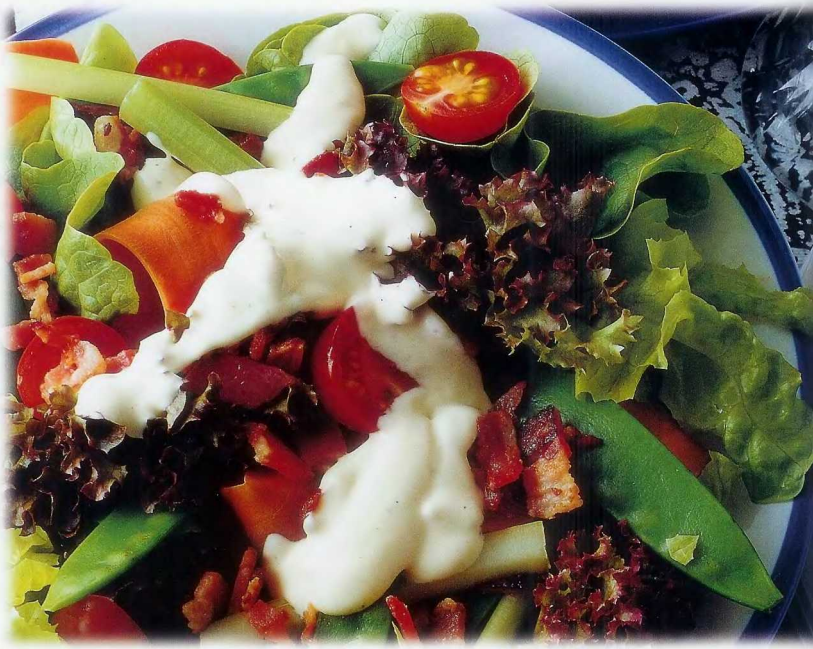
ingredients

6 rashers bacon, chopped
2 lettuces of your choice, leaves separated and torn into pieces
250g/8oz cherry tomatoes, halved
2 carrots, cut into strips
2 sticks celery, cut into strips
125g/4oz snow peas (mangetout)
Creamy dressing
1/2 cup/125g/4oz mayonnaise
1/2 cup/125g/4oz sour cream
1 tablespoon lemon juice
freshly ground black pepper

Method:

1. *Cook bacon in a frying pan over a medium heat for 4-5 minutes or until crisp. Remove bacon from pan and drain on absorbent kitchen paper until cool.*
2. *Arrange lettuces, tomatoes, carrots, celery, snow peas (mangetout) and bacon on a serving platter or in a large salad bowl.*
3. *To make dressing, place mayonnaise, sour cream, lemon juice and black pepper to taste in a bowl and mix to combine. Drizzle dressing over salad, cover and chill until required.*

Serves 10



Oven temperature 200°C, 400°F, Gas 6

marinated
tomato salad

ingredients

4 tomatoes, thickly sliced
125g/4oz reduced-fat feta cheese, chopped
1/2 red onion, sliced
3 tablespoons fresh basil leaves
Balsamic dressing
1 tablespoon brown sugar
1/4 cup/60ml/2fl oz balsamic vinegar
freshly ground black pepper

Method:

1 *Place tomatoes, cheese, onion and basil in a bowl and toss to combine.*
2 *To make dressing, place sugar, vinegar and black pepper to taste in a screwtop jar and shake well to combine. Pour dressing over tomato mixture and toss to combine. Cover and marinate, at room temperature, for 20 minutes before serving.*

Serves 4

salad
of roast tomatoes

ingredients

6 plum (egg or Italian) tomatoes, halved
8 cloves garlic, peeled
freshly ground black pepper
2 tablespoons olive oil
315g/10oz assorted lettuce leaves
185g/6oz feta cheese, crumbled
1 yellow or red capsicum (pepper), sliced

Tangy dressing

3 tablespoons balsamic or red wine vinegar
3 tablespoons tomato purée
3 drops Tabasco sauce
freshly ground black pepper

Method:

1. *Place tomatoes and garlic on a baking tray, sprinkle with black pepper to taste and oil and bake for 30 minutes or until tomatoes are soft and golden. Set aside to cool completely.*
2. *Arrange lettuce leaves, feta cheese, yellow or red capsicum (pepper), tomatoes and garlic attractively on serving plates.*
3. *To make dressing, place vinegar, tomato purée, Tabasco and black pepper to taste in a screwtop jar and shake well to combine. Drizzle dressing over salad and serve immediately.*

Note: *The sweet, rich flavour of roast tomatoes is a perfect partner for the creamy piquant feta cheese in this salad.*

Serves 4

Oven temperature 180°C, 350°F, Gas 4

oriental
coleslaw in curry

ingredients

1/4 Chinese cabbage, finely shredded
1/4 red cabbage, finely shredded
1 carrot, cut into thin strips
2 stalks celery, cut into thin strips
4 spring onions, thinly sliced
1/2 red capsicum (pepper), cut into thin strips
60g/2oz bean sprouts
1/2 bunch fresh mint
1/2 bunch fresh coriander
1 tablespoon black sesame seeds, toasted
60g/2oz fried egg noodles
Curry dressing
1 teaspoon curry powder
1 teaspoon brown sugar
1 cup/200g/6 1/2 oz natural yogurt
2 tablespoons sour cream
1 teaspoon lemon juice

Method:

1 *Place Chinese and red cabbages in a bowl and toss to combine, then arrange.*
2 *Place carrot, celery, spring onions, red capsicum (pepper), bean sprouts and mint and coriander leaves in a bowl and toss to combine. Arrange vegetable mixture on top of cabbage mixture.*
3 *To make dressing, place curry powder, sugar, yogurt, sour cream and lemon juice in a bowl and whisk to combine. Drizzle dressing over salad, then scatter with sesame seeds and serve with fried noodles.*

Note: *The thickness of the dressing will depend on the type of yogurt used, if it is too thick, whisk in a little water.*

Serves 4

marinated citrus fish

ingredients

500g/1 lb white fish fillets, cut into strips
2 teaspoons pink peppercorns
2 teaspoons orange rind
440g/14oz canned lychees, drained
1 orange, peeled and segmented
1 grapefruit, peeled and segmented
1/2 bunch fresh watercress
Marinade
1 tablespoon grape seed oil
125mL/4fl oz orange juice
1 tablespoon grapefruit juice
1 tablespoon lime juice
1 tablespoon tarragon vinegar
1 teaspoon grated fresh ginger

Method:

1. *Place fish in a glass bowl with peppercorns and orange rind.*
2. *To make marinade, combine oil, orange, grapefruit and lime juices, vinegar and ginger. Pour marinade over fish, cover and refrigerate overnight.*
3. *To serve, use a slotted spoon to remove fish to a bowl. Add lychees, orange and grapefruit segments to fish mixture. Toss lightly to combine. Arrange watercress on a plate and top with fish salad. Spoon over a little of the marinade.*

Serves 4

grilled prawn salad

ingredients

16 uncooked prawns, shelled and deveined, tails left intact
1 fresh green chilli, seeded and shredded
1/4 cup/60ml/2fl oz reduced-salt soy sauce
1 tablespoon honey
1 witlof (chicory), leaves separated
1 radicchio, leaves separated
2 green (unripe) mangoes, thinly sliced
4 tablespoons fresh mint leaves
3 tablespoons fresh coriander (cilantro) leaves
1 tablespoon brown sugar
2 tablespoons lime juice

Method:

1. *Place prawns, chilli, soy sauce and honey in a bowl, toss to combine and marinate for 5 minutes.*
2. *Arrange witlof (chicory), radicchio, mangoes, mint and coriander (cilantro) on serving plates. Combine sugar and lime juice and drizzle over salad.*
3. *Heat a nonstick frying pan over a high heat, add prawns and stir-fry for 2 minutes or until cooked. Place prawns on top of salad, spoon over pan juices and serve immediately.*

Serves 4

chickpea and trout salad

ingredients

1 bunch curly endive, leaves separated
1 bunch rocket
440g/14oz canned chickpeas, rinsed and drained
125g/4oz herbed goat's cheese, crumbled
1 red onion, sliced
250g/8oz smoked trout, skin and bones removed, flesh flaked
2 tablespoons chopped fresh basil
1 red capsicum (pepper), halved, roasted, skin removed and sliced

Honey lime dressing

1/2 cup/100g/3 1/2oz natural yoghurt
1 tablespoon chopped fresh mint
1 tablespoon ground cumin
1 tablespoon honey
1 tablespoon lime juice

Method:

1 *Arrange endive and rocket on a serving platter. Top with chickpeas, goat's cheese, onion and trout. Sprinkle salad with basil and top with red capsicum (pepper).*
2 *To make dressing, place yoghurt, mint, cumin, honey and lime juice in a bowl and mix to combine. Drizzle dressing over salad and serve immediately.*

Note: *Chickpeas are slightly crunchy and lend a nutty flavour to salads like this as well as casseroles, soups and other savoury dishes. Dried chickpeas can be used rather than canned if you wish. To cook chickpeas, soak overnight in cold water. Drain. Place in a large saucepan, cover with cold water and bring to the boil over a medium heat. Reduce heat and simmer for 45-60 minutes or until chickpeas are tender. Drain and cool.*

Serves 4

warm seafood salad

ingredients

500g/1 lb assorted salad leaves
250g/8oz yellow teardrop tomatoes (optional)
250g/8oz cherry tomatoes, halved
2 avocados, stoned, peeled and sliced
155g/5oz snow peas (mangetout), trimmed, blanched
250g/8oz asparagus spears, cut into 5cm/2in pieces, blanched
3 calamari (squid) tubes
30g/1oz butter
250g/8oz scallops
16 uncooked medium prawns, shelled and deveined, tails left intact
200g/6½oz thickly sliced smoked ocean trout or smoked salmon

Oriental dressing

1 tablespoon rice vinegar
1 tablespoon fish sauce
2 tablespoons sweet chilli sauce
1 tablespoon shredded fresh basil
1 tablespoon lemon juice
¼ cup/60ml/2fl oz water

Method:

1. *Arrange salad leaves, teardrop tomatoes (if using) and cherry tomatoes, avocados, snow peas (mangetout) and asparagus on a large serving platter.*
2. *To make dressing, place vinegar, fish sauce, chilli sauce, basil, lemon juice and water in a small bowl and whisk to combine. Set aside.*
3. *Cut calamari (squid) tubes, lengthwise, and open out flat. Using a sharp knife, cut parallel lines down the length of the calamari (squid), taking care not to cut right through the flesh. Make more cuts in the opposite direction to form a diamond pattern. Cut each piece into 5 cm/2 in squares.*
4. *Melt butter in a large frying pan, add scallops and prawns and stir-fry for 3 minutes. Add calamari (squid) pieces and stir-fry for 1 minute longer. Arrange cooked seafood and smoked ocean trout or smoked salmon on salad and drizzle with dressing.*

***Note:** This salad is great served warm, but also may be made ahead of time and served chilled. If serving chilled, prepare the salad, seafood and dressing and store separately in the refrigerator. Just prior to serving, assemble the salad as described in the recipe.*

Serves 8

asparagus
and salmon salad

ingredients

750g/1 1/2 lb asparagus spears, trimmed
lettuce leaves of your choice
500g/1 lb smoked salmon slices
freshly ground black pepper
Lemon yoghurt sauce
1 cup/200g/6 1/2oz natural low-fat yoghurt
1 tablespoon finely grated lemon rind
1 tablespoon lemon juice
1 tablespoon chopped fresh dill
1 teaspoon ground cumin

Method:

1 *Boil, steam or microwave asparagus until tender. Drain, refresh under cold running water, drain again and chill. Arrange lettuce leaves, asparagus and salmon on serving plates.*
2 *To make sauce, place yogurt, lemon rind, lemon juice, dill and cumin in a small bowl and mix to combine.*
3 *Spoon sauce over salad. Sprinkle with black pepper, cover and chill until required.*
Note: *If fresh asparagus is unavailable, green beans or snow peas (mangetout) are good alternatives for this recipe.*

scallops
and wilted spinach

ingredients

18 scallops
vegetable oil
crushed black peppercorns
Wilted spinach salad
185g/6oz baby English spinach leaves
2 teaspoons sesame seeds
2 tablespoons soy sauce
1 tablespoon lemon juice
2 teaspoons sesame oil

Method:

1. *Preheat barbecue to a medium heat.*
2. *To make salad, blanch spinach leaves in boiling water for 10 seconds. Drain spinach, refresh under cold running water, drain again and place in a bowl.*
3. *Place sesame seeds, soy sauce, lemon juice and sesame oil in a bowl and mix to combine. Spoon dressing over spinach and toss to combine. Divide salad between serving plates.*
4. *Place scallops in bowl, drizzle with a little vegetable oil and season to taste with black pepper. Sear scallops on barbecue plate (griddle) for 45-60 seconds or until golden and flesh is opaque. Place scallops on top of each salad and serve immediately.*

Note: *Alternatively the scallops can be seared in a hot frying pan.*

Serves 6

salad
of lobster with raspberries

ingredients

2 lobster tails, cooked and shells removed
1 small radicchio, leaves separated
1 small mignonette lettuce, leaves separated
100g/3oz snow pea sprouts or watercress
1 orange, segmented
250g/8oz strawberries, halved

Dressing

125g/4oz fresh or frozen raspberries
2 tablespoons raspberry vinegar
2 tablespoons vegetable oil
1 teaspoon finely chopped fresh mint
1 tablespoon sugar

Method:

1 *Cut lobster tails into 1cm medallions and set aside.*
2 *Arrange radicchio, mignonette, sprouts or watercress, lobster, orange segments and strawberries attractively on a serving platter and refrigerate until required.*
3 *To make dressing, place raspberries in a food processor or blender and process until pureed. Push through a sieve to remove seeds. Combine raspberry puree with vinegar, oil, mint and sugar. Mix well to combine, pour over salad and serve immediately.*

Note: *Lobster would have to be the undisputed king of shellfish. In this recipe, it is taken to new heights with the addition of a raspberry dressing.*

Serves 4

thai squid salad

ingredients

3 squid (calamari) tubes, cleaned
185g/6oz green beans, sliced lengthwise
2 tomatoes, cut into wedges
1 small green pawpaw, peeled, seeded and shredded
4 spring onions, sliced
30g/1oz fresh mint leaves
30g/1oz fresh coriander (cilantro) leaves
1 fresh red chilli, chopped

Lime dressing

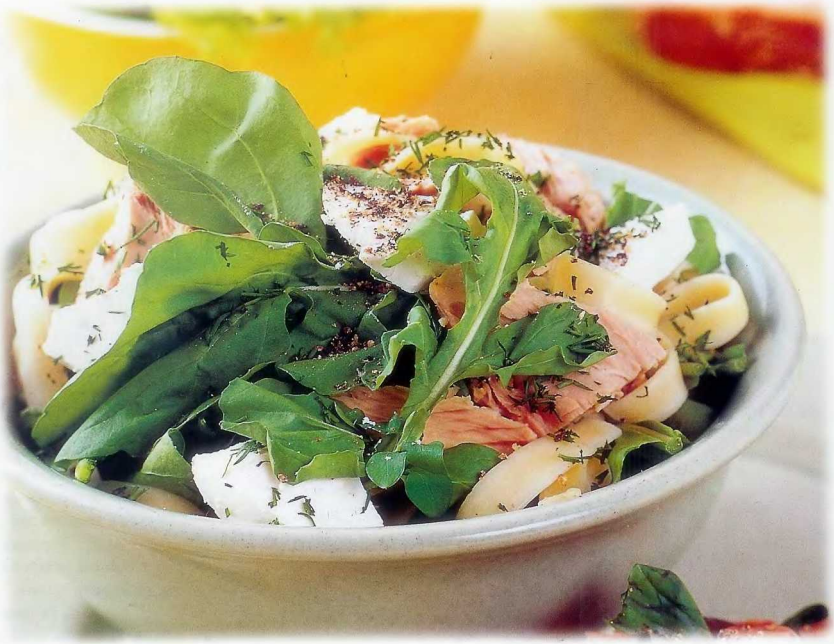
2 teaspoons brown sugar
3 tablespoons lime juice
1 tablespoon fish sauce

Method:

1. *Using a sharp knife, make a single cut down the length of each squid (calamari) tube and open out. Cut parallel lines down the length of the squid (calamari), taking care not to cut right the way through the flesh. Make more cuts in the opposite direction to form a diamond pattern.*
2. *Heat a nonstick char-grill or frying pan over a high heat, add squid (calamari) and cook for 1-2 minutes each side or until tender. Remove from pan and cut into thin strips.*
3. *Place squid (calamari), beans, tomatoes, pawpaw, spring onions, mint, coriander and chilli in a serving bowl.*
4. *To make dressing, place sugar, lime juice and fish sauce in a screwtop jar and shake well. Drizzle over salad and toss to combine. Cover and stand for 20 minutes before serving.*

Serving suggestion: *Soy Rice Noodles - boil 375g/12oz fresh rice noodles, drain and sprinkle with a little reduced-salt soy sauce. Scatter with a few toasted sesame seeds and toss to combine.*

Serves 4



tuna
and lemon pasta

ingredients

500g/1 lb fettuccine
440g/14oz canned tuna in spring water, drained and flaked
185g/6oz rocket leaves, roughly chopped
155g/5oz reduced-fat feta cheese, chopped
1 tablespoon chopped fresh dill
1/4 cup/60ml/2fl oz lemon juice
freshly ground black pepper

Method:

1 *Cook fettuccine in boiling water in a large saucepan following packet directions. Drain and return pasta to saucepan.*
2 *Place pan over a low heat, add tuna, rocket, cheese, dill, lemon juice and black pepper to taste and toss to combine. Serve immediately.*

Serves 4

mediterranean salad

ingredients

185g/6oz couscous
2 cups/500ml/16fl oz boiling water
1 tablespoon olive oil
1 tablespoon balsamic vinegar
freshly ground black pepper
1 cucumber, sliced
1 green capsicum (pepper), chopped
3 plum (egg or Italian) tomatoes, chopped
12 sun-dried tomatoes, sliced
60g/2oz marinated artichokes, drained and sliced
60g/2oz pitted black olives, sliced
185g/6oz cooked prawns, shelled and deveined (optional)
125g/4oz feta cheese, cut into 2cm/¾in cubes
2 tablespoons chopped fresh basil or 2 teaspoons dried basil
2 teaspoons finely grated lime or lemon rind

Method:

1 *Place couscous in a bowl, pour over boiling water and toss with a fork until couscous absorbs all the liquid. Add oil, vinegar and black pepper to taste and toss to combine. Set aside.*
2 *Place cucumber, green capsicum (pepper), fresh and dried tomatoes, artichokes, olives, prawns (if using), feta cheese, basil and lime or lemon rind in a salad bowl and toss to combine. Add couscous mixture and toss.*

Note: *Couscous is a cracked wheat product made from the endosperm of durum wheat and, like burghul wheat, is very versatile and quick to prepare. After soaking in water, mix couscous with salad ingredients and serve cold; toss with dried fruits, seeds and nuts and serve as a pilau or simply serve hot with milk and fresh fruit as a breakfast 'porridge'.*

Serves 4

salmon
and lentil salad

ingredients

1 cos lettuce, leaves separated and torn into large pieces
200g/6½oz green lentils, cooked and drained
200g/6½oz red lentils, cooked and drained
250g/8oz cherry tomatoes, halved
155g/5oz prepared wholemeal croûtons
1 tablespoon chilli oil or vegetable oil
375g/12oz salmon fillets, skin and bones removed, cut into 3 cm/1¼in wide strips
fresh Parmesan cheese
freshly ground black pepper
Creamy dressing
½ cup/125ml/4fl oz mayonnaise
2 tablespoons vegetable stock
1 tablespoon wholegrain mustard
1 tablespoon white wine vinegar

Method:

1 *To make dressing, place mayonnaise, stock, mustard and vinegar in a bowl and mix to combine. Set aside.*
2 *Arrange lettuce, cooked lentils, tomatoes and croûtons attractively on a serving platter. Set aside.*
3 *Heat oil in a frying pan over a medium heat, add salmon and cook, turning several times, for 4 minutes or until salmon is cooked. Remove from pan and arrange on top of salad. Drizzle dressing over salad and top with shavings of Parmesan cheese and black pepper to taste.*

Note: *The iron content of legumes such as lentils is fairly high, but as it occurs in an inorganic form, the human body needs help to absorb it. You can increase the body's ability to absorb the iron if you serve a Vitamin C-rich food (such as the salad and tomatoes here) as part of the same meal.*

Use a vegetable peeler or a coarse grater to make shavings from a piece of fresh Parmesan cheese.

Serves 4

niçoise salad

ingredients

lettuce leaves of choice

Tuna salad

440g/14oz canned tuna, drained and flaked
125g/4oz canned artichoke hearts, drained and sliced (optional)
125g/4oz tasty cheese (mature Cheddar), cubed
4 hard-boiled eggs, sliced
2 potatoes, cooked and sliced
2 tomatoes, sliced
1 onion, sliced
250g/8oz green beans, cooked
45g/1 1/2oz stuffed olives, sliced

Niçoise dressing

1/4 cup/60ml/2fl oz olive oil
2 tablespoons vinegar
1 clove garlic, crushed
1/2 teaspoon Dijon mustard
freshly ground black pepper

Method:

1. *To make salad, place tuna, artichokes, if using, cheese, eggs, potatoes, tomatoes, onion, beans and olives in a large bowl and toss to combine.*
2. *To make dressing, place oil, vinegar, garlic, mustard and black pepper to taste in a screwtop jar and shake well to combine. Spoon dressing over salad and toss lightly.*
3. *Line a large serving platter with lettuce leaves and top with salad.*

Note: *For a complete meal, serve with crusty fresh or toasted French bread. A few anchovies and shavings of Parmesan cheese are delicious additions to this dish. Always buy the form of the product that best fits your menu. Less expensive shredded or flaked tuna is the perfect choice for a salad such as this - it's lower priced because of appearance, not quality. Feta cheese makes a delicious and more gourmet alternative to tasty cheese (mature Cheddar).*

Serves 6

honeyed squid salad

ingredients

6 small squid (calamari), cleaned and sliced into rings
1/4 cup/30g/1oz flour
olive oil for shallow-frying
lettuce leaves of your choice
250g/8oz cherry tomatoes, halved
1 onion, thinly sliced
Honey orange dressing
1/4 cup/60ml/2fl oz olive oil
1 tablespoon orange juice
1 tablespoon vinegar
1 teaspoon honey
1 clove garlic, crushed
1/4 teaspoon mild mustard
freshly ground black pepper

Method:

1 *To make dressing, place oil, orange juice, vinegar, honey, garlic, mustard and black pepper to taste in a screwtop jar and shake well to combine.*
2 *Dry squid (calamari) rings on absorbent kitchen paper. Toss in flour and shake off excess. Heat oil in a frying pan over a medium heat, add squid (calamari) and stir-fry for 1-2 minutes or until golden. Drain on absorbent kitchen paper.*
3 *Place lettuce leaves, tomatoes and onion in a bowl and toss. Divide lettuce mixture between serving plates, top with hot squid (calamari) and drizzle with dressing. Serve immediately.*

Note: *To clean fresh squid (calamari), pull off tentacles, carefully taking with them the head, stomach and ink bag. Rub off the skin under cold running water. Slice tube (body) crosswise into rings. If fresh squid (calamari) is unavailable, use 375g/12oz frozen squid (calamari) rings instead.*

Serves 4

tarragon seafood salad

ingredients

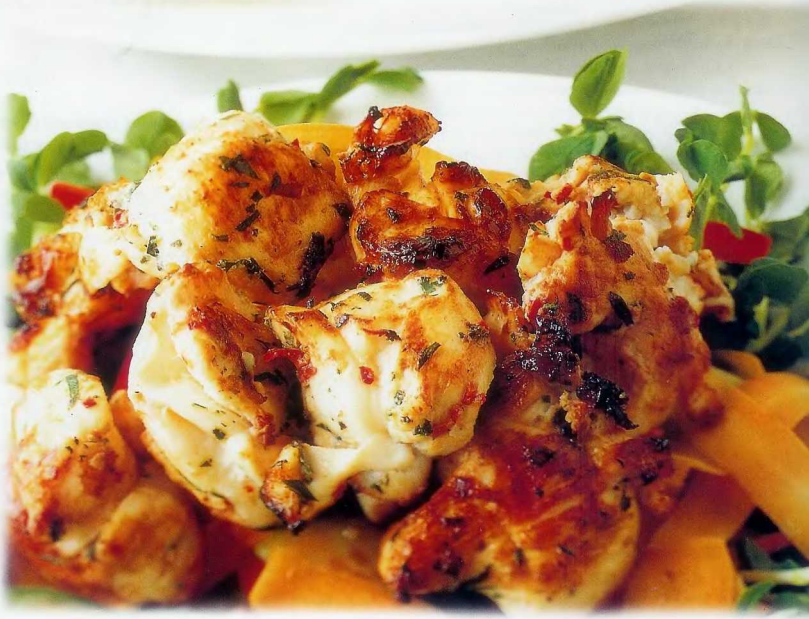
4 tablespoons chopped fresh tarragon
2 tablespoons lime juice
3 teaspoons grated lime rind
1 fresh red chilli, chopped
2 teaspoons olive oil
freshly ground black pepper
500g/1 lb uncooked lobster tail, flesh removed from shell and cut into large pieces or 500g/1 lb firm white fish fillets, cut into large pieces
250g/8oz snow pea sprouts or watercress
1 cucumber, sliced into ribbons
2 carrots, sliced into ribbons
1 red capsicum (pepper), cut into thin strips

Method:

1 *Place tarragon, lime juice, lime rind, chilli, oil and black pepper to taste in a bowl and mix to combine. Add lobster, toss to coat and set aside to marinate for 15 minutes.*
2 *Arrange snow pea sprouts or watercress, cucumber, carrot and red capsicum (pepper) on a large serving platter and set aside.*
3 *Heat a char-grill or frying pan over a high heat, add lobster mixture and cook, turning frequently, for 2 minutes or until lobster is tender. Arrange lobster over salad, spoon over pan juices and serve immediately.*

Note: *To make cucumber and carrot ribbons, use a vegetable peeler to remove strips lengthwise from the cucumber or carrot. This salad is also delicious made using prawns instead of lobster. If using prawns, shell and devein them before marinating.*

Serves 4



seared
scallop salad

ingredients

2 teaspoons sesame oil
2 cloves garlic, crushed
375g/12oz scallops, cleaned
4 rashers bacon, chopped
1 cos lettuce, leaves separated
60g/2oz croûtons
fresh Parmesan cheese
Mustard dressing
3 tablespoons mayonnaise
1 tablespoon olive oil
1 tablespoon vinegar
2 teaspoons Dijon mustard

Method:

1. *To make dressing, place mayonnaise, olive oil, vinegar and mustard in a bowl, mix to combine and set aside.*
2. *Heat sesame oil in a frying pan over a high heat, add garlic and scallops and cook, stirring, for 1 minute or until scallops just turn opaque. Remove scallop mixture from pan and set aside. Add bacon to pan and cook, stirring, for 4 minutes or until crisp. Remove bacon from pan and drain on absorbent kitchen paper.*
3. *Place lettuce leaves in a large salad bowl, add dressing and toss to coat. Add bacon, croûtons and shavings of Parmesan cheese and toss to combine. Spoon scallop mixture over salad and serve.*

green mango salad

ingredients

125g/4oz mixed lettuce leaves
1 cucumber, thinly sliced
2 green (unripe) mangoes, peeled and thinly sliced
250g/8oz cooked chicken, shredded
4 tablespoons fresh mint leaves
4 tablespoons fresh coriander leaves
Chilli and lime dressing
2 fresh red chillies, chopped
2 tablespoons palm or brown sugar
3 tablespoons lime juice
2 teaspoons Thai fish sauce (nam pla)

Method:

1. *Arrange lettuce, cucumber, mangoes, chicken, mint and coriander attractively on a serving platter.*
2. *To make dressing, place chillies, sugar, lime juice and fish sauce in a bowl and mix to combine. Drizzle dressing over salad and serve.*

Note: *Palm sugar is a rich, aromatic sugar extracted from the sap of various palms. The palm sugar used in Thailand is lighter and more refined than that used in other parts of Asia. Palm sugar is available from Oriental food shops. If green (unripe) mangoes are unavailable you might like to make this salad using tart green apples instead.*

Serves 4

chicken caesar salad

Photograph page 44

ingredients

2 boneless chicken breast fillets
4 rashers bacon
1 cos lettuce, leaves separated
250g/8oz cherry tomatoes, halved
125g/4oz parmesan cheese shavings
Crispy croutons
250g/8oz bread cubes
2 tablespoons olive oil
Creamy mustard dressing
1/2 cup/125g/4oz sour cream
1/2 cup/125ml/4fl oz mayonnaise
2 tablespoons wholegrain mustard
3 anchovy fillets, chopped
1/4 cup/60ml/2fl oz water

Method:

1. *Preheat barbecue to a medium heat.*
2. *To make croûtons, place bread cubes in a baking dish, drizzle with oil and toss to coat. Bake for 15 minutes or until bread is crisp and golden. Cool.*
3. *Place chicken and bacon on oiled barbecue and cook for 2-3 minutes each side or until chicken is tender and bacon is crisp. Cool, then cut chicken into slices and chop bacon.*
4. *Arrange lettuce leaves, tomatoes, chicken and bacon in a bowl.*
5. *To make dressing, place sour cream, mayonnaise, mustard, anchovies and water in a food processor or blender and process until smooth. Just prior to serving, drizzle dressing over salad, then scatter with croûtons and parmesan cheese shavings.*

Note: *To make the bread cubes for the croûtons, take an unsliced loaf of stale bread and cut off all the crusts to make an evenly shaped rectangular loaf. Cut bread loaf into 5mm/1/4 in thick slices. Cut each bread slice into 5mm/1/4 in thick strips, then cut in the opposite direction at 5mm/1/4 in intervals to make 5 mm/1/4 in square bread cubes. Using a whole loaf of bread will make more croûtons than you require for this recipe, however, leftover croûtons will keep in an airtight container for several weeks.*

Serves 8

warm
beef and potato salad

ingredients

500g/1 lb fillet of beef in one piece
2 tablespoons crushed black peppercorns
vegetable oil
4 potatoes, very thinly sliced
1 large orange sweet potato, very thinly sliced
salt
assorted lettuce leaves
balsamic or red wine vinegar

Method:

1. *Roll beef in black peppercorns. Heat 1 tablespoon oil in a frying pan over a medium heat, add beef and cook for 10-15 minutes, turning frequently, until well browned on all sides, continue cooking until beef is cooked to your liking. Remove beef from pan, cover, set aside and keep warm.*
2. *Wipe pan clean with absorbent kitchen paper. Add 5cm/2in of oil and heat until a cube of bread dropped in browns in 50 seconds. Cook potato slices and sweet potato slices in batches for 3-5 minutes or until golden and crisp. Remove from pan, drain on absorbent kitchen paper and sprinkle with salt.*
3. *To serve, slice beef thinly. Divide potato crisps and lettuce leaves between serving plates. Place beef slices on top of lettuce, sprinkle with vinegar and serve immediately.* ***Note:*** *When the beef is browned it will be rare to medium. If this is how you like your meat, remove it from the pan at this stage.*

To test the degree of doneness of the meat, press it with a pair of blunt tongs. Rare meat will feel springy to the touch, medium meat slightly springy and well-done meat will feel firm.

Serves 4

chicken
and nectarine salad

ingredients

1 lettuce of your choice, leaves separated
1 bunch/250g/8oz watercress, broken into sprigs
500g/1 lb cooked chicken, chopped
1 red capsicum (pepper), sliced
4 nectarines, sliced
2 stalks celery, sliced
Black pepper dressing
3 teaspoons crushed black peppercorns
1 tablespoon olive oil
2 tablespoons red wine vinegar

Method:

1 *Arrange lettuce leaves, watercress, chicken, red pepper, nectarines and celery in a salad bowl or on a large serving platter.*
2 *To make dressing, place black peppercorns, oil and vinegar in a screwtop jar and shake well to combine. Spoon dressing over salad and serve immediately.*

Note: *This spectacular salad is ideal for a simple summer luncheon.*

Serves 4

cellophane noodle salad

ingredients

155g/5oz cellophane noodles
2 teaspoons sesame oil
2 cloves garlic, crushed
1 tablespoon finely grated fresh ginger
500g/1 lb pork mince
15g/½oz mint leaves
15g/½oz coriander (cilantro) leaves
8 lettuce leaves
5 red or golden shallots, chopped
1 fresh red chilli, sliced
2 tablespoons lemon juice
1 tablespoon light soy sauce

Method:

1. *Place noodles in a bowl and pour over boiling water to cover. Stand for 10 minutes, then drain well.*
2. *Heat oil in a frying pan over a high heat, add garlic and ginger and stir-fry for 1 minute. Add pork and stir-fry for 5 minutes or until pork is browned and cooked through.*
3. *Arrange mint, coriander, lettuce, shallots, chilli and noodles on a serving platter. Top with pork mixture, then drizzle with lemon juice and soy sauce.*

Note: *Cellophane noodles, also known as glass noodles, bean thread noodles or vermicelli, are made from mung bean flour and are either very thin vermicelli-style noodles or flatter fettuccine-style noodles. In the dried state they are very tough and difficult to break. For ease of use it is best to buy a brand which packages them as bundles.*

Serves 4

meat salads

Oven temperature 180°C

marsala

quail salad

ingredients

6 quails
30g/1 oz butter
1/2 cup/125ml/4fl oz cream
3/4 cup/185ml/6fl oz dry Marsala
1 curly endive, leaves separated
1 witloof, leaves separated
1 radicchio, leaves separated
1 bunch/200g/7oz watercress
1 pear, peeled, cored and sliced
45g/1 1/2oz pecans

Marsala sauce

2 tablespoons mayonnaise
2 teaspoons dry Marsala
1 tablespoon cream

Method:

1. *Place quails on a rack in a baking pan and bake for 20 minutes. Cool slightly, then break into serving-size portions.*
2. *Melt butter in a saucepan. Add cream and Marsala, bring to the boil, then reduce heat and simmer for 5 minutes. Add quail and cook for 5 minutes longer. Set aside to cool.*
3. *To make sauce, combine cream, mayonnaise and Marsala and beat well to combine.*
4. *Arrange endive, witloof, radicchio, watercress and pear in a serving bowl. Top with quail, sprinkle with pecans and drizzle sauce over. Serve immediately.*

***Note:** In this salad the quail and marsala, with their distinctive flavours, mingle deliciously with the salad leaves. An elegant dish that can be served as a luncheon dish or starter.*

Serves 6

smoked
chicken in ginger dressing

ingredients

1 smoked chicken, 1-1 1/2kg, meat removed and broken into bite-size pieces
4 green shallots, finely chopped
1 small red capsicum (pepper), finely sliced
1 small red chilli, seeded and finely sliced
1 tablespoon chopped fresh coriander (cilantro)
1 tablespoon chopped fresh mint
freshly ground black pepper

Orange and ginger dressing

3 tablespoons olive oil
2 tablespoons white wine vinegar
2 tablespoons freshly squeezed orange juice
1 teaspoon wholegrain mustard
1 teaspoon brown sugar
1 teaspoon finely grated fresh ginger

Method:

1 *Place chicken, shallots, red capsicum (pepper), chilli, coriander (cilantro) and mint in a serving bowl. Season to taste with black pepper.*
2 *To make dressing, place oil, vinegar, orange juice, mustard, sugar and ginger in a screwtop jar and shake well to combine. Pour over chicken mixture and toss to combine. Cover and refrigerate.*

***Note:** A pretty salad with a fresh taste that is easy to make and travels well. Put the salad in the serving bowl to marinate on the way to your picnic.*

Serves 6

italian chicken salad

ingredients

13 boneless chicken breast fillets, all visible fat and skin removed
olive oil spray
125g/4oz baby English spinach leaves
125g/4oz green beans, blanched
1 red onion, thinly sliced
2 tablespoons small capers, drained
Vinegar and Prune Dressing
8 pitted prunes
1 tablespoon fresh oregano leaves
shredded rind of 1 lemon
1 teaspoon sugar
½ cup/125ml/4fl oz red wine vinegar

Method:

1 *Heat a nonstick char-grill or frying pan over a high heat. Lightly spray chicken with olive oil, add to pan and cook for 2-3 minutes each side or until tender. Remove from pan and set aside to cool.*
2 *To make dressing, place prunes, oregano, lemon rind, sugar and vinegar in a saucepan over a low heat, bring to simmering and simmer for 5 minutes.*
3 *To assemble salad, cut chicken breasts into thin slices. Arrange spinach, beans, onion, chicken and capers attractively on serving plates. Drizzle a little warm dressing over the salad and serve immediately. Serve any remaining dressing separately.*

Serves 4

warm
pork and mint salad

ingredients

6 shallots, chopped
2 tablespoons shredded fresh ginger
1 fresh red chilli, chopped
500g/1 lb lean minced pork
3 tablespoons shredded Vietnamese mint
1 tablespoon brown sugar
1/4 cup/60ml/2fl oz reduced-salt soy sauce
2 tablespoons lime juice
2 teaspoons Thai fish sauce
250g/8oz assorted lettuce leaves
1 cucumber, sliced
60g/2oz snow pea (mangetout) sprouts or watercress

Method:

1. *Heat a nonstick frying pan or wok over a medium heat, add shallots, ginger and chilli and cook, stirring, for 3 minutes.*
2. *Add pork and stir-fry for 3-4 minutes or until brown. Stir in mint, sugar, soy sauce, lime juice and fish sauce and stir-fry for 4 minutes or until pork is cooked.*
3. *Arrange lettuce leaves, cucumber and snow pea (mangetout) sprouts or watercress on a serving platter, top with pork mixture and serve immediately.*

Note:*For an easy dessert, serve Chilled Nashis with Lime - cut chilled nashis into thin slices, sprinkle with fresh lime juice and toss. Nashis are at their best during the winter months and this easy dessert is a refreshing and healthy way to end any meal. If Vietnamese mint is unavailable use ordinary mint instead.*

Serves 4

chicken
and couscous salad

ingredients

1 cup/185g/6oz couscous
1/2 cup/125ml/4fl oz boiling water
1/2 cup/125ml/4fl oz boiling chicken stock
1 cos lettuce, leaves separated
250g/8oz cooked chicken breast fillets, cut into thick slices
2 tomatoes, chopped
1 cucumber, chopped
3 tablespoons fresh coriander (cilantro) leaves
60g/2oz snow pea (mangetout) sprouts or watercress
Yoghurt dressing
2 tablespoons chopped fresh mint
1 teaspoon ground cumin
1/2 teaspoon chilli powder
1 cup/200g/6 1/2oz low-fat yoghurt

Method:

1. *Place couscous in a bowl, pour over boiling water and stock, cover and stand for 5 minutes or until water is absorbed. Toss with a fork to separate grains.*
2. *Arrange lettuce, couscous, chicken, tomatoes, cucumber, coriander and snow pea (mangetout) sprouts or watercress on a serving platter.*
3. *To make dressing, place mint, cumin, chilli powder and yoghurt in a bowl and whisk to combine. Drizzle a little dressing over salad and serve remaining dressing separately.*

Serves 4

thai
beef salad

ingredients

500g/1 lb rump or topside steak
185g/6 oz mixed lettuce leaves
185g/6oz cherry tomatoes, halved
2 cucumbers, peeled and chopped
2 red onions, sliced
3 tablespoons fresh mint leaves
Lime and Coriander dressing
1 stalk fresh lemon grass, chopped or
1 teaspoon finely grated lemon rind
3 tablespoons fresh coriander (cilanto) leaves
1 tablespoon brown sugar
2 tablespoons lime juice
3 tablespoons light soy sauce
2 tablespoons sweet chilli sauce
2 teaspoons Thai fish sauce (nam pla)

Method:

1. *Heat a frying or char-grill pan over a high heat until hot, add beef and cook for 1-2 minutes each side or until cooked to your liking. Set aside to cool.*
2. *Arrange lettuce, tomatoes, cucumbers, onions and mint attractively on a serving platter.*
3. *To make dressing, place lemon grass or rind, coriander (cilanto), sugar, lime juice and soy, chilli and fish sauces in a bowl and mix to combine.*
4. *Slice beef thinly and arrange on salad, then drizzle with dressing and serve.*

Note: *When making a Thai salad, presentation is all important and a salad can be a spectacular centrepiece for any table. Traditionally Thai salads are served on flat plates - not in bowls - which means the full effect of the arrangement of ingredients can be appreciated.*

Serves 4

nutty pork ravioli salad

ingredients

32 spring roll or wonton wrappers, each 7½cm/3in square
assorted lettuce leaves
Chilli pork filling
1 tablespoon sesame oil
1 clove garlic, finely chopped
250g/8oz lean pork mince
1 tablespoon crunchy peanut butter
1 tablespoon sweet chilli sauce
1 tablespoon chopped fresh mint
2 teaspoons reduced-salt soy sauce
Chilli dressing
¼ cup/60ml/2fl oz warm water
2 tablespoons lime juice
1 tablespoon sweet chilli sauce
1 tablespoon fish sauce
3 tablespoons chopped fresh coriander (cilantro)

Method:

1. *To make filling, heat oil in a nonstick frying pan over a medium heat, add garlic and cook, stirring, for 2 minutes. Add pork and cook, stirring, for 5 minutes. Remove pan from heat, stir in peanut butter, chilli sauce, mint and soy sauce. Place a tablespoon of filling in the centre of each wrapper, brush edges with a little water, then top with a second wrapper and press edges to seal.*
2. *Place in a steamer set over a saucepan of boiling water, cover and steam in batches for 5 minutes or until ravioli is tender. Set aside and keep warm.*
3. *To make dressing, combine water, lime juice, chilli sauce, fish sauce and coriander (cilantro) in a bowl. Arrange lettuce leaves on a serving platter, top with warm ravioli and spoon over dressing.*

thai lamb salad

ingredients

250g/8oz assorted lettuce leaves
1 cucumber, sliced lengthwise into thin strips
2 teaspoons vegetable oil
500g/1 lb lamb fillets, trimmed of all visible fat, thinly sliced
Coriander and Chilli Dressing
2 tablespoons chopped fresh coriander (cilantro)
1 tablespoon brown sugar
¼ cup/60ml/2fl oz soy sauce
2 tablespoons sweet chilli sauce
2 tablespoons lime juice
2 teaspoons fish sauce

Method:

1. *To make dressing, place coriander (cilantro), sugar, soy and chilli sauces, lime juice and fish sauce in a bowl and mix to combine. Set aside.*
2. *Arrange lettuce leaves and cucumber on a serving platter and set aside.*
3. *Heat oil in a wok over a high heat, add lamb and stir-fry for 2 minutes or until brown. Place lamb on top of lettuce leaves, drizzle with dressing and serve immediately.*

Note: *This salad is also delicious made with pork fillet. Use a vegetable peeler to make long thin slices of cucumber - simply peel off lengthwise strips.*

Serves 4

new
mexico chicken salad

ingredients

1 bunch young rocket
edible flowers of your choice
6 radicchio leaves, shredded
1 grapefruit, peeled, all white pith removed, segmented
2 smoked chicken breasts, sliced

Pine nut and chilli dressing

4 tablespoons pine nuts, toasted
6 bay leaves
2 fresh red chillies, finely chopped
2 tablespoons sugar
1/3 cup/90ml/3fl oz red wine vinegar
1/4 cup/60ml/2fl oz olive oil

Method:

1 *Arrange rocket, flowers and radicchio attractively on serving plates. Top with grapefruit and chicken.*
2 *To make dressing, place pine nuts, bay leaves, chillies, sugar, vinegar and oil in a bowl and whisk to combine. Just prior to serving, drizzle dressing over salad.*

Note: *Edible flowers you might like to choose from include nasturtiums, scented geraniums, roses, marigolds, violets, zucchini (courgette) flowers and the flowers of most herbs such as chives, rocket, borage, dill, rosemary, lavender and basil. Look out for mixed packs of edible flowers in greengrocers and specialty food shops.*

Serves 4

chicken
and curry salad

ingredients

1 tablespoon sesame oil
1 clove garlic, crushed
1 tablespoon finely grated fresh ginger
2 small fresh red chillies, finely chopped
1 onion, cut in wedges
1 tablespoon Thai Green Curry Paste
500g/1 lb boneless chicken breast fillets, thinly sliced
1 tablespoon Thai fish sauce (nam pla)
1 tablespoon sugar
2 tablespoons chopped fresh mint
1 tablespoon chopped fresh coriander (cilantro)
1 Chinese cabbage, sliced
3 spring onions, sliced
2 cucumbers, sliced
125g/4oz bean sprouts
1 red capsicum (pepper), thinly sliced

Method:

1 *Heat oil in a wok over a medium heat, add garlic, ginger, chillies and onion and stir-fry for 3 minutes or until onion is golden. Add curry paste and stir-fry for 3 minutes longer or until fragrant.*
2 *Stir chicken, fish sauce and sugar into pan and cook, stirring frequently, for 10 minutes or until chicken is tender. Remove pan from heat and set aside to cool slightly. Add mint and coriander and toss to combine.*
3 *To serve, line a large platter with cabbage, then top with spring onions, cucumbers, bean sprouts, red capsicum (pepper) and chicken mixture.*

Serves 4

spiced grilled beef

ingredients

1 red onion, chopped
4 cloves garlic, crushed
2 fresh coriander (cilantro) roots
1 teaspoon crushed black peppercorns
2 tablespoons light soy sauce
2 teaspoons lime juice
2 teaspoons Thai fish sauce (nam pla)
500g/1 lb rib-eye (scotch fillet) of beef, in one piece
6 lettuce leaves
185g/6oz cherry tomatoes, halved
1 cucumber, cut into strips
lime wedges

Method:

1 *Place onion, garlic, coriander roots, peppercorns, soy sauce, lime juice and fish sauce in a food processor and process to make a paste. Coat beef with spice mixture and cook over a medium charcoal or gas barbecue, turning occasionally, for 15 minutes or until beef is cooked to medium doneness. Alternatively, bake beef in oven for 30-45 minutes or until cooked to medium*
2 *Arrange lettuce, tomatoes and cucumber on a serving plate. Slice beef thinly and arrange over lettuce. Serve with lime wedges.*

Serves 4

pasta
shell salad

ingredients

75g/2½oz pasta shells, cooked
½ avocado, peeled and chopped
3 tablespoons drained, canned sweet corn kernels
½ tomato, chopped
2 tablespoons mayonnaise
2 tablespoons natural yoghurt

Method:

1 *Place pasta, avocado, sweet corn and tomato in a bowl and toss to combine. Mix together mayonnaise and yoghurt, drizzle over salad and toss to combine.*

Serves 2

mexican
corn bean salad

Photograph page 60

ingredients

375g/1 oz canned sweet corn kernels, drained
375g/12oz canned red kidney beans, rinsed and drained
90g/3oz green beans, blanched and cut into 5cm/2in pieces
1 large red capsicum (pepper), diced
1 large green capsicum (pepper), diced
3 tomatoes, chopped
2 avocados, chopped
Chilli and herb dressing
1 red onion, chopped
3 small fresh green chillies, finely chopped
2 cloves garlic, crushed
3 tablespoons chopped fresh coriander (cilantro)
2 teaspoons ground cumin
⅓ cup/90ml/3fl oz balsamic vinegar
¼ cup/60ml/2fl oz olive oil

Method:

1 *Place sweet corn, red kidney and green beans, red and green capsicum(peppers), tomatoes and avocados in a salad bowl and toss to combine.*
2 *To make dressing, place onion, chillies, garlic, coriander, cumin, vinegar and oil in a bowl and whisk to combine.*
3 *Drizzle dressing over salad and toss to combine. Cover and refrigerate for 1 hour before serving.*

Note: *To blanch green beans, bring a large saucepan of water to the boil, add beans and cook until they are bright green. Remove immediately and refresh under cold running water. For a delicious light meal serve this salad on fried tortillas or wrapped in pitta bread.*

Serves 6

minestrone

ingredients

250g/8oz pasta shells
440g/14oz canned chickpeas, rinsed and drained
2 carrots, diced
2 zucchini (courgettes), diced
2 stalks celery, diced
1 red capsicum (pepper), diced
155g/5oz green beans, blanched
3 plum (egg or Italian) tomatoes, cut into wedges
250g/8oz mixed lettuce leaves
Pesto dressing
125g/4oz ready-made pesto
1/2 cup/100g/3 1/2oz natural yoghurt
2 tablespoons mayonnaise

Method:

1. *Cook pasta in boiling water in a large saucepan following packet directions. Drain, rinse under cold running water and set aside to cool completely.*
2. *Place chickpeas, carrots, zucchini (courgettes), celery, red capsicum (pepper), beans, tomatoes and pasta in a bowl and toss to combine.*
3. *Arrange lettuce on a serving platter and top with pasta mixture.*
4. *To make dressing, place pesto, yoghurt and mayonnaise in a bowl and mix to combine. Drizzle over salad and serve.*

Note: *This dish makes the most of all the flavours ordinarily found in minestrone soup and serves them up as a salad! If plum (egg or Italian) tomatoes are not available, substitute ordinary tomatoes.*

Serves 4

spicy wild rice salad

ingredients

2 cups/440g/14oz wild rice blend (brown and wild rice mix)
2 tablespoons vegetable oil
2 onions, cut into thin wedges
1 teaspoon ground cumin
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/4 teaspoon ground ginger
2 carrots, thinly sliced
1 teaspoon honey
2 oranges, segmented
90g/3oz pistachios, toasted and roughly chopped
90g/3oz raisins
60g/2oz flaked almonds, toasted
3 spring onions, sliced
3 tablespoons chopped fresh dill

Orange mustard dressing
1 teaspoon Dijon mustard
1/2 cup/125ml/4fl oz olive oil
1/4 cup/60ml/2fl oz orange juice
1 tablespoon red wine vinegar

Method:

1. *Cook rice in boiling water following packet directions or until tender. Drain well and set aside to cool.*
2. *Heat oil in a nonstick frying pan over a medium heat, add onions, cumin, cinnamon, cloves and ginger and cook, stirring, for 10 minutes or until onions are soft and slightly caramelised. Add carrots and cook until tender. Stir in honey, then remove from heat and cool slightly.*
3. *Place rice, carrot mixture, oranges, pistachios, raisins, almonds, spring onions and dill in a bowl and toss to combine.*
4. *To make dressing, place mustard, oil, orange juice and vinegar in a bowl and whisk to combine. Pour dressing over salad and toss.*

***Note:** If wild rice blend is unavailable use 3/4 cup/170g/5 1/2oz brown rice and 1/4 cup/60g/2oz wild rice. The two varieties of rice can be cooked together.*

Serves 4

pasta and asparagus salad

ingredients

500g/1 lb chilli linguine
250g/8oz asparagus, cut in half
155g/5oz watercress, broken into sprigs
60g/2oz butter
2 tablespoons chopped fresh rosemary
freshly ground black pepper
fresh Parmesan cheese shavings
lime wedges

Method:

1 *Cook pasta in boiling water in a large saucepan following packet directions. Drain, rinse under cold running water, drain again and set aside.*
2 *Boil, steam or microwave asparagus until tender. Add asparagus and watercress to pasta and toss to combine.*
3 *Place butter and rosemary in a small saucepan and cook over a low heat until butter is golden. Divide pasta between serving bowls, then drizzle with rosemary-flavoured butter and top with black pepper and Parmesan cheese to taste. Serve with lime wedges.*

Note: *Chilli pasta is available from delicatessens and specialty food stores. If unavailable use ordinary pasta and add some chopped fresh chilli to the butter and rosemary mixture.*

Serves 4

bean
and broccoli salad

ingredients

1kg/2 lb broccoli, broken into florets
155g/5oz green beans
Fresh herb dressing
60g/2oz pine nuts, toasted and roughly chopped
2 tablespoons chopped fresh basil
1 tablespoon choppped fresh mint
1/3 cup/90ml/3fl oz lemon juice
1 tablespoon olive oil
freshly ground black pepper

Method:

1. *Boil, steam or microwave broccoli and beans, separately, until they just change colour. Drain and refresh under cold running water. Place in a bowl.*
2. *To make dressing, place pine nuts, basil, mint, lemon juice, oil and black pepper to taste in a bowl and mix to combine. Spoon dressing over vegetables and toss to combine.*

Note: *For a more colourful salad, use a combination of green and butter beans instead of just green.*

Serves 8

beetroot
pasta salad

ingredients

Beetroot pasta salad
8 small beetroot, peeled and halved
375g/12oz fettuccine
250g/8oz assorted lettuce leaves
2 carrots, cut into thin strips
2 zucchini (courgettes), chopped
1 red capsicum (pepper), sliced
Sesame dressing
1 tablespoon sesame seeds
2 teaspoons sesame oil
2 tablespoons sweet soy sauce
2 tablespoons sweet chilli sauce

Method:

1. *Cook beetroot in boiling water for 10-15 minutes or until tender. Drain and set aside to cool. Discard cooking water.*
2. *Cook pasta in clean boiling water in pan following packet directions. Drain, rinse under cold running water and set aside to cool completely.*
3. *Arrange lettuce leaves in a salad bowl, top with pasta, beetroot, carrots, zucchini (courgettes) and red capsicum (pepper).*
4. *To make dressing, place sesame seeds, oil, soy sauce and chilli sauce in a screwtop jar and shake well to combine. Spoon dressing over salad, cover and refrigerate until ready to serve.*

Note: *For an even quicker version of this dish canned baby beetroot could be used.*

Serves 4

Oven temperature 180°C, 350°F, Gas 4

pasta
salad with roasted garlic

ingredients

20 cloves unpeeled garlic
8 rashers bacon, chopped
30g/1oz butter
2 cups/125g/4oz breadcrumbs, made from stale bread
4 tablespoons chopped fresh mixed herb leaves
freshly ground black pepper
750g/1 1/2 lb spinach, tomato or plain linguine

Method:

1. *Place unpeeled garlic cloves on a lightly greased baking tray and bake for 10-12 minutes or until soft and golden. Peel garlic and set aside.*
2. *Cook bacon in a frying pan over a medium heat for 4-5 minutes or until crisp. Drain on absorbent kitchen paper.*
3. *Melt butter in a clean frying pan, add breadcrumbs, herbs and black pepper to taste and cook, stirring for 4-5 minutes or until breadcrumbs are golden.*
4. *Cook pasta in boiling water in a large saucepan following packet directions. Drain well and place in a warm serving bowl. Add garlic, bacon and breadcrumb mixture, toss and serve immediately.*

Note: *The garlic can be roasted and the bacon and breadcrumb mixture cooked several hours in advance, leaving just the cooking of the pasta and the final assembly of the salad to do at the last minute.*

Serves 8

orange salad

ingredients

4 oranges
1/4 cup/60g/2oz sugar
1 cinnamon stick
3/4 cup/185ml/6fl oz water
1 teaspoon lemon juice
4 tablespoons reduced-fat honey-flavoured yoghurt

Method:

1 *Thinly peel the rind from 1 orange. Ensure all the white pith is removed, cut rind into thin strips and set aside. Peel remaining oranges, remove all the white pith, and slice all oranges crossways into 1 cm/1/2 in thick slices. Place in a heatproof bowl and set aside.*

2 *Place reserved orange rind, sugar, cinnamon stick, water and lemon juice in saucepan over a medium heat, bring to simmering and simmer for 3 minutes. Remove from heat, cool slightly and pour over oranges. Cover and chill for at least 2 hours or until ready to serve. Serve with yoghurt.*

Note: *When blood oranges are in season they make a spectacular alternative to ordinary oranges in this simple dessert salad. Blood oranges are in season during winter months, however their season is short and they are not always easy to find.*

Serves 4

drunken summer fruits

Photograph page 68

ingredients

375g/12oz mixed berries, such as raspberries, blueberries and strawberries
2 white peaches, quartered
2 nectarines, quartered
3/4 cup/185ml/6fl oz dessert wine
2 tablespoons lime juice
thick cream

Method:

1 *Place berries, peaches and nectarines in a bowl. Pour wine and lime juice over fruit and toss gently to combine. Cover and chill for 20-30 minutes. Serve in deep bowls with some of the marinade and a spoonful of thick cream.*

Note: *When available, fresh apricots are a tasty addition to this summer dessert.*

Serves 4-6

apple
strawberry and pecan salad

ingredients

2 red apples, chopped
2 stalks celery, sliced
185g/6oz strawberries, halved
3 tablespoons sultanas
60g/2oz chopped pecans
Dressing
2 teaspoons finely chopped fresh mint leaves
3 tablespoons low-fat natural yoghurt
2 tablespoons lemon juice

Method:

1 *Combine apples, celery, strawberries, sultanas and pecans in a bowl.*
2 *To make dressing, blend together mint, yoghurt and lemon juice. Toss with apple mixture and refrigerate until required.*

Note: *A variation on the traditional Waldorf salad, with half the fat and no cholesterol.*

Serves 4

berries
and passion fruit salad

ingredients

250g/8oz watercress, broken into sprigs
1 lettuce of your choice, leaves separated
250g/8oz blueberries
250g/8oz yellow teardrop or red cherry tomatoes, halved
1 cucumber, seeded and chopped
Passion Fruit Vinaigrette
4 tablespoons passion fruit pulp
2 tablespoons white vinegar
1 teaspoon sugar
2 teaspoons Dijon mustard
freshly ground black pepper

Method:

1 *To make vinaigrette, place passion fruit pulp, vinegar, sugar, mustard and black pepper to taste in a screwtop jar and shake well to combine.*
2 *Arrange watercress, lettuce leaves, blueberries, tomatoes and cucumber on a serving platter. Spoon vinaigrette over salad and serve immediately.*

Note: *Blackberries or any other fresh berries can be used in place of the blueberries in this salad. Delicious served with wholegrain or rye bread.*

Serves 4

melon
in ginger syrup

ingredients

400g/12½oz watermelon, cut into thick strips
300g/9½oz honeydew melon, cut into thick strips
300g/9½oz rock melon (cantaloupe), cut into thick strips

Ginger syrup

45g/1½oz preserved ginger in syrup, thinly sliced
1 cup/250ml/8fl oz sweet ginger wine
2 tablespoons sugar
1 tablespoon thin lemon rind strips

Method:

1 *Arrange watermelon, honeydew melon and rock melon (cantaloupe) on a serving platter. Cover and chill until required.*
2 *To make Ginger Syrup, place ginger, wine, sugar and lemon strips in a saucepan, bring to simmering over a medium heat and simmer, stirring occasionally, for 3 minutes. Transfer syrup to a bowl, cover and chill.*
3 *Just prior to serving, spoon syrup over melon.*

Note: *Use any combination of melons that are available for this recipe.*

Serves 6-8

salads
hot and cold

What foods radiate good health and wellbeing better than salad? A dish that needs no fuss, yet can contain the tenderest of greens, the leanest of meats, wholesome grains, nutritious seafoods, perfect pasta and a great expanse of vegetables and fruits. In ***salads hot and cold*** you will find many delightful surprises, especially to those who thought that salads could only be served on a hot summer's day, and for those too, who imagined a salad to be the usual greenery served time and time again. You will love this book which gives information that will:

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